



LUXURY OF FREEDOM

Benefits of Bay Leaf (Laurel)



Bay Leaves are known for their detoxifying qualities as well as their ability to slow the aging process, speed wound healing, improve heart health, and a number of other health benefits. Great used as a spice to your favorite soups and stews or to add some flavor to your favorite Italian dish, bay leaves are small but pack a flavor punch! Continue on for more tips...

Healthy Digestion

The organic compounds found in bay leaves are very effective for settling upset stomachs, soothing irritable bowel syndrome, or even lessening the symptoms of Celiac's disease. Some of the more complex proteins in our modern diet can be difficult to digest, but the unique enzymes found in bay leaves help to facilitate efficient digestion and nutrient intake.

Breathe Easier

When the essential oil of bay leaves is extracted, it can be mixed into a salve and applied to the chest to help alleviate various respiratory conditions. Spread it on the chest and allow it to remain overnight. Inhaling the vapors has a similar effect to aromatherapy and thanks to its natural antibacterial properties, can loosen up phlegm and eliminate dangerous bacteria that may be trapped in your respiratory tracts.

Take a Chill Pill

One of the least commonly known benefits of bay leaves is their naturally soothing quality. Linalool, a chemical compound, is often associated with thyme and lavender, but is also present in bay leaves and can help to lower the level of stress hormones in the body. Bay leaves can help you calm down and remain relaxed even in your most high-anxiety moments.

Bring Down Swelling

One of the most important benefits of bay leaves is their ability to reduce inflammation throughout the body. Bay leaves contain a rather unique phytonutrient, called parthenolide, which can quickly reduce inflammation and irritation when topically applied to affected areas, such as sore joints or areas affected by arthritis. This effect can also be achieved through normal consumption of bay leaf spice.



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Below we offer a tasty (and fun) way to gain all the anti-inflammatory and relaxing properties of bay leaves. Enjoy the flavorful spice tonight!

All Season Mulled Wine

Ingredients:

- 1 bottle red wine
- **60g/2oz** demerara sugar
- 1 cinnamon stick
- grated nutmeg, to taste
- 1 orange, halved
- 1 dried bay leaf
- **60ml/2fl oz** sloe or damson gin (optional)

1. Put the wine in a saucepan with the orange, sugar, bayleaf and the spices.
2. Heat gently until the sugar has dissolved. Taste to see if you want the wine sweeter, and add more sugar to taste.
3. Off the heat, stir in the sloe or damson gin if you are using it.
4. Strain into heatproof glasses and serve at once.

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